2020 ADULT VIRTUAL SUMMER CLASS SCHEDULE
JUN 22 to AUG 23

ROCK YOUR BODY ® with Franco Nieto
Mondays + Wednesdays 10:00am to 11:00am Level: Open
Do you want to have fun and get fit? Join us for this lively dance class with upbeat grooves from the past to present. This energetic and energizing class will take you on a journey through stylized jazz, contemporary, hip-hop, salsa, afro-funk and body sculpting. Exhilarate your mind, body and spirit and ROCK YOUR BODY.

CORE BALANCE ® with Andrea Parson
Sundays 10:00am to 11:00am Level: Open
This energizing class combines elements of yoga and Pilates with ballet stretch components. The ballet barre, yoga blocks, and resistance bands are often used to support the development of core strength, ease and openness in the joints and a flexible, well-balanced body. Suitable for all dancers and fitness enthusiasts. Yoga or fitness mat suggested.

CONTEMPORARY with Andrea Parson
Wednesdays 6:00pm to 7:00pm Level: Intermediate
Our Contemporary class is designed to improve technique, flexibility, stamina and artistry. Proper technique will be used as a departure point from which students will take risks and explore the freedom found within contemporary movement. Contemporary Jazz class fuses jazz, ballet, and world dance influences. This class combines core strength, precision leg work with an ease and fluidity in the torso.

INT. BALLET with LeeWei Chao
Tuesdays 10:00am to 11:00am Level: Intermediate
Designed for more intermediate dancers, this class still focuses on the fundamentals of ballet, but offers more challenging technique throughout class. Participants should already have ample knowledge of ballet, positions, steps, and terms.

BEG. BALLET with Ella Matweyou
Thursdays 10:00am to 11:00am Level: Beginner
Designed for advanced beginning dancers. Participants should already have a basic knowledge of ballet, positions, steps, and terms.

ABSOLUTE BEG. BALLET 1 with Ella Matweyou
Sundays 12:00pm to 1:00pm Level: Absolute Beginner
Designed for absolute beginners, this class starts at ground zero and focuses on placement, balance, posture, coordination, musicality, and alignment. Great for brand new dancers or dancers revisiting the art form after many years away.

All Adult Classes are for dancers 13 years+ and available on a drop-in basis for $10
Register for class at least 30 minutes prior to the start time / register.nwdanceproject.org
nwdanceproject.org / 503.421.7434 / info@nwdanceproject.org
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